

U. S. FOOD ADMINISTRATION

IS WHEAT INDISPENSABLE IN OUR DIET?

The question naturally arises, however: To what extent can the wheat in our diet be reduced without injury to the health of the individual or the Nation? This question was put by the Food Administration to a committee of experts recently assembled in Washington to consider the special physiological problems involved in the general problem of wheat conservation.

Dr. R. H. Chittenden, Professor of Physiological Chemistry and Dean of Sheffield Scientific School, Yale.
Dr. Graham Lusk, Professor of Physiology, Cornell University.
Dr. E. V. McCullum, Professor of Bio-Chemistry, Johns Hopkins University.
Dr. L. B. Mendel, Professor of Physiological Chemistry, Yale University.

C. L. Alsberg, Chief of the Bureau of Chemistry, U. S. Department of Agriculture.
Dr. F. C. Longworthy, Chief, Home Economics Division, State Extension Service, U. S. Department of Agriculture.

Dr. Alonzo E. Taylor, Professor of Physiological Chemistry, University of Pennsylvania.
Prof. Vernon Kellogg, Stanford University.
Dr. Raymond Pearl, School of Hygiene, Johns Hopkins University.

Dr. Ray Lyman Wilbur, formerly Dean of the Stanford University Medical School; now President of Stanford University.

The committee as may be seen, was composed of the highest physiological authorities in the country. Their answer to the question was direct and unequivocal.

It is the scientific opinion of the committee that in a mixed diet wheat may be entirely replaced, without harm, by other available cereals, namely, rice, barley, oats, and corn. However, we should not recommend this except as an emergency measure.

The committee's particular reason for not recommending this, apart from the fact that wheat is perhaps the most convenient cereal for use because of its special qualities connected with the making of bread in loaves that will stand up and remain sweet and palatable for several days, is that going without wheat would be a psychological deprivation. We are accustomed as a Nation, just as most of the nations of Europe are, to the use of wheat bread, and a sudden break in our custom would have for some people a psychological significance more or less disturbing.

However, if these people could well understand the emergency leading to the change, and then could recognize that they are aiding their country in the great emergency by making the change, this psychological disturbance would be much reduced.

Exactly this condition of a great national emergency, to meet which the loyal and patriotic efforts of all the people are needed, is the condition today. It is only because of this great national emergency that the Food Administration makes use of this deliberate judgment of the physiological experts called in for advice.

Even under these circumstances, it is recognized that because of economic and commercial reasons, not all of the people of America can go without bread based on wheat, but it is certain that a great many people in this country can easily do so. It is the belief of the Food Administration that, for the sake of maintaining the wheat-bread supply for the armies and civilians of our fighting associates in the war, as well as for our own soldiers in France, every patriotic American who can possibly do so will be glad to dispense entirely with wheat from now until the next harvest.

U. S. FOOD ADMINISTRATION.

The sugar shortage in our country is so grave that the household allowance was reduced on August 1 to two pounds per person per month. Our soldiers and sailors must have all the sugar they need and they can have this amount of sugar if we at home follow the regulations of the Food Administration.

It is your patriotic duty to see that your readers understand the situation and to do their part to meet it. We suggest that you make editorial comment upon the necessity for the saving of sugar. We know that you can be depended upon to present the case as it is.

Urging our people to eat less sugar and use instead sorghum, molasses, syrup, honey, fruits (fresh and dried) Your readers gave the nation a special service by saving wheat, ask them to do equally as well in saving sugar.

Respectfully,
A. U. CRAIG.

Washington, D. C.

IMPORTANT. TO ALL FOOD ADMINISTRATION WORKERS:

"We can not administer the food problem on the basis one year's war. We must prepare for its long continuance if we are to insure absolute victory," declared the Food Controllers of the United States, France, Italy and Great Britain in a joint resolution adopted at a conference in London.

The resolution, which was called to day to the United States Food Administration, emphasizes the necessity of building up reserves in North America as an insurance against possible crop failures here and elsewhere and the diminution of agricultural labor. The table follows:

"Resolved, that while the increased production of the United States

renders it possible to relax some of the restrictions which have borne with peculiar hardship upon all our peoples, yet it is absolutely necessary that rigid economy and elimination of waste in the consumption and handling of all foodstuffs, as well as increased production, should be maintained throughout the European Allied countries and in North America. It is only by such economy and elimination of waste that the transportation of the necessary men and supplies from North America to the European front can be accomplished and the stocks of foodstuffs can be built up in North America as an insurance against the ever-present danger of harvest failure and the possible necessity for large and emergency drafts to Europe. We cannot administer the food problem on the basis of one year's war. We must prepare for its long continuance if we are to insure absolute victory."

Before the war, only about 10 per cent of the food deficit in the Allied countries was provided by America. Approximately 50 per cent of the Allied deficit was filled last year by the United States and Canada. And from 1915 crops we will very probably be called upon to supply a much larger proportion of this ever-increasing European deficit.

About 1,500,000 tons of shipping could be saved if we made it possible to withdraw ships now taking to Europe food from Australia, India and South America. Were this done, it would be possible to transport and maintain in France a much larger number of American soldiers. Many of the difficulties of conveyance could be overcome if the bulk of shipping piled the single lane between Europe and North America. Interpreted in terms of men on the fighting front, every ship diverted from Australia could perform an equivalent service from American ports and in the time it had taken to make a round trip from Europe to Australia could make two additional trips from Europe to the United States. In other words, it could furnish Europe with the same amount of food and in the same length of time could make one trip as a troop ship and another to transport additional food.

With men leaving our farms in ever increasing number to engage in direct war work, we probably see this year the height of our agricultural production. To protect ourselves and the Allies against the inevitable shortage of the future we must take advantage of this year's production to lay by reserves. Although public eating places and households which voluntarily went to a no-wheat basis earlier in the year have been released from the use of wheat, they must still practice economy. Release from their pledge only places them on the same basis as the rest of the American people. Probably as long as the war lasts they must use Victory bread. They must face as rigid economy in other directions. Especially is this true at present in the case of sugar. The American people as a whole are expected to adopt on August 1, an honor ration of two pounds of sugar per person per month.

SUGAR SUPPLY.

1. Where does America get her sugar? Cuba—More than one-half. Sugar beet production in the United States—one-seventh. Hawaii—one-eighth. Louisiana—one-twentieth. Porto Rico, the Philippines, Miscellaneous sources—the remainder.

2. Where did the Allies formerly get sugar? France, Italy, and the Low Countries raised their own. England received more than one-half from the Teutonic Empires, imported largely from Java, and got a little from the British West Indies.

3. Where do the Allies now get their sugar? The Central Powers as a source are cut off. Production in Italy and France is only about one-third what it was before the war. They must depend very largely now upon American sources of supply.

4. Are there no supplies of sugar in the East Indies? There are quantities of sugar in Java and some in other islands; but ships cannot be spared for trips to Java while sugar can be obtained elsewhere by one-third the haul.

5. Why is there need to conserve sugar now in this country? To meet the Allied shortage. To release ships formerly used in the sugar trade to carry soldiers and supplies to Europe.

To make up the loss of beet sugar lands and factories captured or destroyed by the Germans in northern France and Italy.

Ships which would have kept up the flow of sugar have been sunk. Twenty-six thousand tons of sugar were lost recently in submarine raids upon our Atlantic coast. Fifty thousand tons of sugar-carrying shipping were transferred to meet the requirements of Belgian relief.

6. Is there danger of a sugar famine? No; but there is a shortage as compared with the prewar days when Americans used more than 80 pounds per capita per year. If our people will follow the directions of the Food Administration—liberal compared with the rules of England, France and Italy—there will be sufficient sugar for our needs.

7. How much sugar can each person have?

And You are only asked to save and not waste Food



Not more than 2 pounds per month per person for household use and a limited supply for the necessary preservation of fruit and other foods. The Army and Navy must receive their ration.

8. How is the Food Administration handling distribution of sugar? Use of sugar in manufacturing anything but foodstuffs as explosives has been forbidden; manufacturers of soft drinks, candy, and other less essential have been rigidly restricted; the supply of sugar to ice cream makers and bakers has been curtailed. For ordinary household use not more than 2 pounds can be bought at one time for town and city residents, and not more than 5 pounds at one time for country people except at the discretion of the Federal Food Administrator for the State or his deputies.

9. What restrictions have been placed on public eating houses in regard to sugar? For every 90 meals served not more than 2 pounds of sugar may be purchased.

10. Are there other rules? Federal Food Administrators in the various States may make rulings to suit local conditions in regard to sugar for home canning.

11. Are civilians to consider themselves on a definite sugar ration? Yes. They are in honor bound to use not more than 2 pounds per person per month. They are directed to use sugar substitutes as much as they can. Substitutes include corn sirup, honey, maple sugar, maple sirup, sorghum, fruit, fruitjuices, etc.

12. What is the sugar ration at present in England, France and Italy? England—2 pounds per person per month. France—1 1/3 pounds per person per month, including all foods and drinks containing sugar. Italy—1 pound per person per month.

These rations are not guaranteed. They represent the maximum under present rationing systems, if the sugar can be obtained.

13. Does the 2 pound ration for householders include sugar for canning? No; not as a general policy. A limited amount of sugar is allowed for preserving fruits at home. However, it is urged that everyone eat less than 2 pounds if possible, so that throughout the country more may be available for canning.

14. How can sugar for home canning be secured? By applying to the Federal Food Administrator of your State, or his deputy in your vicinity. Usually certificates must be signed by persons who wish to secure sugar for canning. These certificates are to be returned to the Federal Food Administrator of the States by the dealers who sell the sugar. Thus a check is kept on canning requirements.

15. Why does the Food Administration at present encourage canning without sugar? Because perishable fruits would be lost if not canned. If fruit is sterilized and air excluded, sugar will not be needed as a preservative and enough sugar can be added when the fruit is eaten to make it palatable.

16. Can jams and jellies be made later when sugar is more plentiful? Yes; from the fruit pulp and juices that have been sterilized and canned or bottled without sugar.

17. How small an amount of sugar can be used in making jams, jellies, and preserves which depend upon sugar as well as sterilization for their keeping qualities? Allow no more than three-fourths of a pound of sweetening to each

pound of fruit. One-half pound for sweet fruits is enough.

18. Can sugar substitutes be used in canning? Yes. Corn sirups and other table sirups not made from granulated sugar can be used with sugar.

In some parts of the country suitable varieties of canned sirups and sorghums are available for preserving without adding any sugar.

19. How else may fruits be saved without the use of sugar? Some fruits may be dried; others may be stored in a cool cellar. Fruit pulp may be evaporated to a paste, thus concentrating the natural fruit sugar.

SUGAR PRICES.

20. How do sugar prices here compare with those in other countries? Net wholesale prices of refined sugar per pound in chief cities of Allied countries since sugar control was established in the United States:

Oct. 1, 1917. New York, \$0.0818, Montreal, \$0.0867, London, \$0.0998, Paris, \$0.1238, Rome, \$0.263.
May 1, 1918. New York, \$0.073, Montreal, \$0.087, London, \$0.1259, Paris, \$0.1228, Rome, \$0.263.

21. What is the average retail price of sugar in the United States? From 8 1/2 to 10 cents a pound, varying slightly in different localities.

During the Civil War sugar sold at retail for 35 cents a pound, when there was no real shortage. Speculation then was rampant; now it has been checked by Food Administration regulation.

22. How have prices been regulated? By voluntary agreement with producers and refiners with regard to the price of the raw sugar and refiners' margins, and by establishing maximum margins for wholesalers and retailers.

23. Would our prices be higher if there were no control of sugar? The price would, in the face of the world shortage, have mounted rapidly, as it has in countries where no control exists. As the American people consume upward of 8,000,000,000 pounds annually, each cent per pound increase would cost the people more than \$80,000,000 a year.

24. How can I know whether my grocer is charging excessive prices for sugar? Consult the list of "fair prices" published in the newspapers or write directly to the State Food Administrator or his representative in your vicinity.

25. What penalty is there for the small retail grocer who is found guilty of charging excessive prices? Wholesalers, all of whom operate under Federal licenses issued by the Food Administration, may cut off his supplies.

HOARDING.

26. What is sugar hoarding? Having on hand more than is needed for a reasonable length of time. You should not fail to return any unused balance of sugar purchased for canning purposes.

27. May a household have a month's supply of sugar on hand? This is not justifiable except in extreme cases where there are no stores available for purchase, and it should be done only upon advice of the Federal Food Administrator or his deputy.

28. What are some of the evil effects of hoarding? It throws the distribution system out of joint; it raises prices; it imposes a heavier burden upon those already doing their utmost; it results in waste where there are no proper facilities for storage; it discourages the honest.

29. What is the moral wrong of hoarding? It is selfish, cowardly, unpatriotic. It is, in effect, taking unto one's self special privileges at a time when all Americans should be on the same footing, share and share alike.

30. Is there any punishment for hoarders? Yes. The Food Control Act provides fines of not more than \$5,000 and imprisonment for hoarding by dealers, manufacturers or householders.

GENERAL SUGAR CONSERVATION

31. Is sugar necessary in the diet? Neither cane nor beet sugar is necessary. In the average American diet all the bodily needs may ordinarily be supplied by using honey, sirup, fresh preserved and dried fruits.

32. What are the general sugar saving rules? Use all sugar sparingly and where-

over possible use substitutes. Be sparing of confections and sweet cakes. The American people last year spent enough money for candy to feed all Belgium for two years. Supplement sugar with honey, maple sirup, and corn sirup. Cultivate a taste for fruit in its natural sweetness. Sugar is a food. Get food from potatoes and other starchy foods rather than from sugar. Sugar excels them as an energy-food only because it produces energy more quickly. They excel sugar, since they supply more than merely the fuel need.

33. If a recipe calls for 1 cup of sugar, what amount of substitute may be used? If a recipe calls for 1 cup of sugar, use in its place 1 cup of strained honey or 1 2/3 to 2 cups of corn sirup. If honey or sirup is used, the amount of liquid called for in the recipe must be reduced one-fourth cup for every cup of honey or sirup.

34. How may the sugar ration be expressed in quantities known to everyone? Two pounds per month means about 8 ounces per week, or a little more than 1 ounce a day. This daily ration is a trifle more than 2 tablespoons level full. It should be remembered that this is to include all sugar used for any purpose whatsoever—for table use, cooking, in ice cream and desserts, on cereals and fruit, in sugar sirups used on griddle cakes, etc.

Attention and touch every possible phase of the activities of the colored people of the nation.

WAR FINANCE CORPORATION AIDS FARMERS.

In compliance with telegraphed instructions from Secretary McAdoo, the War Finance Corporation has wired Federal reserve banks at Dallas, Kansas City and Minneapolis to notify banks and trust companies in their respective districts, nonmembers as well as members of the Federal Reserve System, of the willingness of the corporation to make advances to those financial institutions which had made loans to farmers and cattle-

Droughts in these districts are creating a serious condition for the farmers and this action is taken to relieve the situation.

Secretary McAdoo stated that no industry was more vital to the war than raising wheat, corn, live stock, and other food products, and that the banks should make loans on the notes of farmers, since they are engaged in an industry not only necessary and contributory to the winning of the war but vital to it.

EXCHANGE OF LIBERTY BONDS.

The issue of registered bonds of the Third Liberty Loan has progressed so far that transfers and exchanges of registered for coupon bonds will be made on and after August 1 until August 15. The registry books will be closed on the later date in order to prepare checks for interest payments on September 15. Bonds may be presented during such period for transfer or exchange, but such transaction will be effected after September 15 and the September interest paid to whomsoever was holder of the bonds on August 15.

Coupon bonds presented after August 15 for exchange for registered bonds should have the September interest coupon detached; the registered bonds issued upon such exchange will bear interest from September 15.

The attention of owners of Liberty Bonds and War Savings Stamps is called to the following. They are financing the work:

On one day in June last approximately 27,000,000 cartridges of various descriptions were produced in the United States manufacturing plants for the United States government.

The daily average production of United States Army rifles was broken in the week ending June 29, an average of 10,142 rifles a day of a modified Enfield and Springfield type being maintained. In addition spare parts equivalent to several thousand rifles and several thousand Russian rifles were manufactured.

The Ordnance Department has produced 2,014,815,584 cartridges, 1,386,769 rifles, and \$2,540 machine guns since the United States entered the war. The daily output of cartridges is now 15,000,000.

DID NOT BORROW TO BUY BONDS.

The Federal Reserve Bulletin says that one of the most encouraging and gratifying features of the Third Liberty Loan is the apparently there has been little use of bank accommodations for the purchase of the bonds. It estimates that probably more than 80 per cent of the bonds are already fully paid for.

The financial statements of the various Federal reserve banks indicate, according to the Bulletin, that not much borrowing from the banks was done by the subscribers to the third loan. They either paid cash or bought on the installment plan.

This eases a great deal the burden of the banks, upon whose shoulders rests the financing of the business and industry of the country.

SAVING AND SERVING.

By economizing in consumption and with the resultant saving purchasing the Government's war securities the American citizen performs a double duty. The citizen and the Government cannot use the same labor and material; if the citizen uses it, the material and the labor cannot be used by the Government. If the citizen economizes in consumption, so much material and labor and transportation space is left free for Government uses. And when the saving effected is lent to the Government more money is thus placed at the disposal of the Government.

The more the people save the more money, labor and materials are left for the winning of the war, the greater and more complete the support given to our fighting men.

LIBERTY LOAN AND SAVINGS BANKS.

The effect of the Liberty Loans and the War Savings Stamps on savings banks' deposits has been watched with keen interest by economists and financiers. The experience of England was very encouraging; in the year 1916 the English small depositors purchased billions of dollars of war bonds and at the same time increased their deposits in savings banks over \$60,000,000.

The belief is entertained that the result in America has been very similar to that in England, and that despite the purchase by the American people of some \$10,000,000,000 of Liberty Bonds and \$500,000,000 of War Savings Stamps, a very fair proportion of which were purchased by savings bank depositors, savings banks deposits have increased.

Practically 80,000 officers and sailors on American owned and registered vessels trading in the waters where the German submarines operate have been insured by the Treasury Department. The aggregate of the policies total well over \$100,000,000.

SEAMEN INSURANCE.

This law and since the submarines began to infest American waters it applies to all vessels trading to or from our Atlantic and Gulf ports. Small fishing vessels are excluded.



HUNGER

For three years America has fought starvation in Belgium. Will you eat less—wheat, meat—fats and sugar that we may still send food in ship loads?

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It removes dandruff, feeds the roots of the hair, and makes it grow long, soft and shiny. After using a few times you can tell the difference, and after a little while it will be so pretty and long that you can fix it up any way you like. It's the only hair soap that will give you money back.

Price 25¢ by mail on receipt of stamps or coin. AGENTS WANTED EVERYWHERE. Write for particulars. EXELENTO MEDICINE CO., Atlanta, Ga.

SAVE SUGAR FOR THE MAN WHO FIGHTS

Full reports have been received from the savings banks in New York State. They show a decrease in deposits for the last year of only \$8,000,000, but an increase of 21,252 depositors. The loss in deposits is insignificant; the increase in the number of depositors very significant. With increased cost of living and other war conditions, the decrease in deposits might well be expected. The increase or deposits shows that the saving habit is greatly growing in our country.

U. S. DEPARTMENT OF LABOR.

The Women's Division of the U. S. Employment Service, under the supervision of Miss Helena McNellis, finds, after compiling its report for the week ending August 10, the following excellent figures: Number of calls for help, 16; number of workers wanted, 298; number of applications for work, 97; number sent to accept positions, 88.

This report covers bookkeepers, bill clerks, general office workers, stenographers, saleswomen, milliners, salesladies for department stores, knitters and finishers for hosiery mills, bag makers, companions, cooks, kitchen help, maids, waitresses, artists, fiction writers and chemists.

The work of the Service is growing by leaps and bounds, as employers and workers become better acquainted with its nature.

Miss McNellis is very anxious to see that every employer in the city, who needs the help of women, gets it, and when called on she makes every effort to send some one suitable. For this reason every woman in or near Nashville, white or colored, who wants something to do, should register with the Service at 175 1/2 avenue, N., and sooner or later a good position will be the result.

It is impossible for any one to realize how many different occupations women can handle, and a review of the files of the Woman's Division is quite surprising, as it shows registrations for vocations, which women have not heretofore been considered capable of following, and proves, without a doubt, that they are prepared to do their bit by taking the places of men who have been sent to the front.

Local employers, as well as those outside of Nashville, are taking advantage of the opportunities the Service offers, and find it saves much time, trouble and expense, to